

MEDICAL FILES



YOU SHOULD BE EATING MORE NUTS

Why should you be eating nuts (unless you're allergic to them, of course)? For starters, a wealth of research supports the role of nuts in reducing the risk of several chronic diseases, including cardiovascular disease, type 2 diabetes and some forms of cancer. Nuts also appear to have benefits for brain and gut health, as well as for longevity — people who regularly include nuts in their diet tend to live longer.

Unfortunately, national health data shows that many people don't eat nuts at all. One reason is likely that nuts are victims of lingering confusion about dietary fat — namely whether we should be embracing fat or avoiding fat. Recent consumer research reveals that 81 percent of people know that there are "good" fats and "bad" fats, but only 19 percent know which fats are which. It's true that nuts are high in fat, but it's heart-healthy fat, and that fat comes packaged with fiber, high-quality protein, essential vitamins and minerals and an array of phytonutrients that appear to have antioxidant and anti-inflammatory benefits.

While I love all nuts for their different flavors and culinary uses, my daily go-to nuts are almonds and walnuts. Their health benefits are the best researched, plus I've had an opportunity to visit California walnut and almond farms and processing facilities. Fun fact: most walnut and almond farms in California are family farms.

Almonds are high in monounsaturated fats, which may explain why they've been shown to lower "bad" LDL cholesterol while maintaining — or even improving — "good" HDL cholesterol. Those healthy fats, along with vitamin E, magnesium and potassium, contribute to almonds' cardiovascular health benefits. Walnuts are an excellent source of heart-healthy polyunsaturated fats, including plant-based omega-3 fatty acids. They also boast the highest antioxidant content of any nut, making it one of the best nuts for anti-inflammatory benefits. It's fitting that walnuts are shaped like a brain — walnut consumption

is linked to better brain function in adults. They're a natural source of melatonin, which is critical in the regulation of sleep and our daily (circadian) rhythms.

The evidence is substantial enough that dietary guidelines in the United States, Canada and other countries recommend including nuts as part of a healthy diet. In 2003, the Food and Drug Administration concluded that for most nuts, 1.5 ounces per day, as part of a diet low in saturated fat and cholesterol, "may reduce the risk of heart disease." This is provided that you're eating nuts instead of something else, not simply adding them to what you're already eating.

Nuts have been part of the human diet for thousands of years, but a lot of people avoid them, fearing that they are too high in fat and calories. Although nuts are a calorie-dense food (more calories in less volume), research shows that moderate consumption of nuts isn't associated with weight gain. This may be because nuts are good at satisfying hunger — and we don't absorb all of the calories in nuts. Recent research from the US Department of Agriculture found that walnuts have 21 percent fewer calories and almonds have 23 percent fewer calories than previously thought. Still, it's good to be mindful of portion sizes. One easy way is to keep a ¼-cup measure by your bag of nuts, or pre-measure snack packs of nuts to keep in your desk, bag or purse.

There are many ways to add nuts to your day. Pair an ounce of nuts with a piece of fruit for an afternoon snack. Add them to salads, oatmeal, yogurt and fruit, smoothies, or grain dishes for flavor, texture and a big nutrition boost. Make your own trail mix with nuts, dried fruit, flaked coconut and some dark chocolate chips for a satisfying crunchy snack. With Thanksgiving around the corner, why not slip some nuts into your menu with this easy, m a k e - a h e a d appetizers/snacks.

Sweet and Spicy Walnuts

My taste testers referred to these walnuts as "crack." Curious about the egg white? It helps the spices stick to the nuts.

- 1 egg white
- 2 cups walnut halves and pieces
- 3 tablespoons sugar
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon cayenne
- pinch of nutmeg
- 1. Preheat oven to 350 degrees. Line a large, shallow baking pan with parchment paper or foil.
- 2. In a large bowl, whisk egg white until foamy. Add the sugar, salt and spices and whisk to blend.
- 3. Add walnuts, toss until they are evenly coated, then spread in a single layer on the prepared baking pan. Bake 15-18 mins., stirring once after about 8 mins., until the walnuts look dry and toasted.
- 4. Remove from the oven and cool completely. Store in an airtight container.



The Doctor Game W. Gifford-Jones M.D. How "GAADD" Is Slowly Killing North Americans

A wise sage once remarked, "It's not things you don't know that gets you into trouble, it's the things you know for sure that ain't so!" Most doctors and patients are convinced cholesterol-lowering drugs (CLDs) prevent heart attack. I say, it ain't so. So what may prove me right? And why is GAADD so important?

Fact # One

Years ago I interviewed Dr. Linus Pauling, a two-time Nobel Prize winner. He explained that animals make their own vitamin C and rarely suffer a heart attack. For example, guinea pigs manufacture 13,000 milligrams of C daily, but if infection occurs these animals increase the amount to 100,000 mg daily! It indicates that nature provides vitamin C for health. Unfortunately, humans, due to a genetic quirk, lost the ability to manufacture vitamin C eons ago. Now, heart attack is our great killer.

Fact # Two

Pauling reported that just 60 mg. of vitamin C is proven to prevent scurvy. We can obtain this amount by eating just one-sixth of an orange. But Pauling added a fact I had not been taught at The Harvard Medical School, that it requires several thousand milligrams of C to prevent heart attack!

Fact # Three

I suffered a severe heart attack at age 74. After much thought I decided to take 10,000 mg of vitamin C daily, rather than CLDs. At 93 I'm still alive! I admit this one fact is not good scientific evidence. Maybe I was just lucky to inherit good genes. My Mother lived to 94.

Fact # Four

The best proof that high C works is Dr. Sydney Bush's research. He proved that taking 6,000 mg of C daily reversed atherosclerosis in arteries. His monumental discovery is sadly collecting dust. See the dramatic before and after photos on my website, docgiff.com

Another wise sage remarked, "If you have a problem, and don't know you have a problem, then you really have a problem." Most people don't know they're suffering from GAADD (Generalized Ascorbic Acid Deficiency Disease). Pauling labelled it subclinical scurvy which affects coronary arteries, but also thousands of others in our bodies. A house needs open plumbing and our body requires unblocked arteries. Hardened arteries rob organs of oxygenated blood, leading to decreased function.

For instance, kidneys filter our blood 30 times every day. A blockage of renal arteries due to GAADD decreases efficiency, resulting in hypertension and finally kidney failure.

No organ is immune to GAADD. A lack of oxygen may result in loss of vision. Or it can trigger a stroke, another major killer.

Remember I'm not your doctor and I never advise tossing away CLDs. How to treat cardiovascular disease is a decision between you and your own doctor.

But after adding up all the facts, particularly the research of Dr. Bush, I'm pleased that I decided on high doses of vitamin C and Lysine, an amino acid. This combination strengthens and opens arteries making them less likely to rupture, causing stroke.

Years ago I became tired of swallowing 30 pills daily. Now, Medi-C Plus and other brands containing large doses of C are available in powder or pills at Health Food Stores. But none of these products work if used for only a short time. They must be lifetime treatment, as you will never make vitamin C.

Will history determine who is right or wrong? Unfortunately I won't be around to find out. But I hope these facts will prove me right.

There's another side to this dilemma that is beyond debate. We know that prescription drugs have unintended side-effects. CLDs are no exception. Studies show that some patients develop liver and kidney problems. Others complain of leg cramps, emotional troubles and in rare instances total amnesia.

One of the most troubling side-effects is Type 2 diabetes which occurs in 25 to 50 percent of CLD users. Since diabetes is associated with a 50 percent risk of heart attack, studies show CLDs are causing the very disease they're supposed to prevent.

History may prove me wrong. I do not claim to be related to the Almighty. But at this moment, I have no regrets about my decision.

Next week, why my Scottish Father would roll over in his grave.

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